

Practical new products for your home and cyberspace

new products

More than just a truffle



Gotta Eat Sweets has introduced a new treat, which it calls “the sublime fusion of truffle and brownie.” Truffipops are treats on a stick, while Truffibites are a bite-sized version. They come in flavor combinations such as lemon cheesecake white chocolate,

raspberry dark chocolate or dulce de leche milk chocolate, as well as many others. The treats are packaged beautifully for gifts or as a custom order for a special event. A half-pound bag of Truffibites, which contains 9–12 pieces, is \$18, while a pound bag is \$34. Truffipops are \$36 for six. Gottaeatsweets.com



Meals are a picnic

If you camp, travel, work or plan a picnic, GoPicnic has a portable, ready to eat, gluten-free meal solution. The company offers gluten-free boxed meals that include

pre-packaged foods from meat, to cheese, to crackers, cookies, dried fruit and chocolate. You can choose from six boxes, each with its own theme. For example, the Zesty Break box has turkey pepperoni, cheese, snack mix, crackers, fruit and dessert packed along with a moist towelette and a gingham paper napkin.

Three of the meals are geared for children, including the Safari Munch which includes corn chips, salsa, applesauce, sunflower seed chunks, a snack mix, a cookie, a spork (a combo spoon and fork) and a temporary tattoo. The company says the kids’ meals are balanced to limit overall fat, saturated fat, and sugar. Each contains protein, grains and fruit. None of GoPicnic’s meals contain trans fat, high fructose corn syrup, or msg. No refrigeration or heating is required for any of the meals, which are also great for a quick lunch or for a school field trip. Each boxed meal contains one serving. Prices range from \$4.99 to \$6.99. Gopicnic.com

Sauce with Boulder flavor



Headquartered in Boulder, Colorado, Simply Boulder markets culinary sauces that are gluten free, sweetened with agave nectar, 100 percent natural and made with extra-virgin olive oil. The latest flavor is Pineapple Ginger. Other flavors include Truly Teriyaki, Lemon Pesto, Honey Dijon and Coconut Peanut. You can use the sauces as marinades, drizzles or dressing on pasta, salads or sandwiches and for grilling, baking and broiling. Simply Boulder sells primarily to retail outlets and distributors in the western half of the United States. You can also order online on their website, where the 12-ounce bottle is \$6.99. Simplyboulder.com



Healthy combo of dried cherries and oats

Jessica’s Gluten-Free Chocolate Chip Granola begins with certified gluten-free oats and is loaded with chocolate chips. The granola is baked at a low temperature to create flavor and crunch. There are two other varieties—Vanilla Maple and Almond Cherry which are coupled with other wholesome ingredients such as ground flax, coconut, honey, maple syrup and Michigan’s finest dried cherries. You can mix any flavor with milk or yogurt for breakfast or snack right from the bag. The granola is sold in many health food stores in Michigan, where the company is located, or on their website. Prices range from about \$48 to \$42 for six 12 ounce bags. Shipping is \$5 anywhere in the contiguous US. Jessicasnaturalfoods.com

There are two other varieties—Vanilla Maple and Almond Cherry which are coupled with other wholesome ingredients such as ground flax, coconut, honey, maple syrup and Michigan’s finest dried cherries. You can mix any flavor with milk or yogurt for breakfast or snack right from the bag. The granola is sold in many health food stores in Michigan, where the company is located, or on their website. Prices range from about \$48 to \$42 for six 12 ounce bags. Shipping is \$5 anywhere in the contiguous US. Jessicasnaturalfoods.com



Rice couscous packs whole grain punch

Lundberg Brown Rice Couscous is made from brown rice gently crushed into tiny granules, then fire roasted for a subtle,

nutty flavor. There are four varieties that are perfect as a side dish or as the base for a main course—Plain Original, Roasted Garlic & Olive Oil, Mediterranean Curry and Savory Herb. Brown Rice Couscous is a whole grain “heart healthy” food and one serving will provide almost the entire recommended daily whole grain serving. Grant Lundberg, CEO of Lundberg Family Farms, says “Roasted Brown Rice Couscous is the perfect marriage of taste, convenience and nutrition.” Look for Roasted Brown Rice Couscous at supermarkets and natural food stores nationwide. lundberg.com

new services

Your answer to “What’s for dinner?”



“What’s for dinner?” That’s a question that incites panic at the daily 5pm stare down with the refrigerator. GFree Cuisine offers an innovative solution with its menu subscription plan. For a \$10 monthly fee, a subscriber chooses five dinner suggestions for the week and receives the recipes and a comprehensive grocery list that is categorized by supermarket section. Fresh, seasonal ingredients and a realistic approach to preparation time, along with a ready-to-go shopping list make GFree Cuisine a time-saving tool for families. Carol Fenster, renowned gluten-free cooking expert and author of *1,000 Gluten-Free Recipes*, has partnered with the GFree team. gfreecuisine.com

For a \$10 monthly fee, a subscriber chooses five dinner suggestions for the week and receives the recipes and a comprehensive grocery list that is categorized by supermarket section. Fresh, seasonal ingredients and a realistic approach to preparation time, along with a ready-to-go shopping list make GFree Cuisine a time-saving tool for families. Carol Fenster, renowned gluten-free cooking expert and author of *1,000 Gluten-Free Recipes*, has partnered with the GFree team. gfreecuisine.com



Database details GF products

Zeer Select is a gluten-free grocery information resource. It consists of a database of more than 30,000 food products that are assigned a gluten-free safety status to enable you to instantly find out if a food is gluten free. A food is rated as “labeled gluten free,” “appears to be gluten free,” “may contain gluten,” or “contains gluten.” The gluten-free safety status is based on analysis of what is on the product label, including ingredients, “contains” statements and voluntary advisory allergen statements like “Made in a dedicated facility.” If a mainstream product does contain gluten, an alternative gluten-free product in the same category is recommended. Consumers can also post product reviews. For a \$4.95 monthly fee, you can search to find products by category, brand, product name or UPC code. The database is constantly updated with an average of 500 products added or updated weekly. Zeer Select helps those newly diagnosed and those who are long-time gluten-free shoppers spend less time on weekly shopping trips.

zeer.com



An app for GF dining

Gluten-free iPhone or iPod users can access information about gluten-free dining from the Let’s Eat Out™ series of book with a touch of their screen. The books are the basis for the new iEatOut Gluten & Allergen Free™ app. The application puts information about safe foods and safe food preparation at your finger tips. You can also access expert advice on what questions to ask when ordering meals with a touch of your iPhone or iPod screen.

Information in the application has undergone rigorous focus group testing. The application reflects a collaborative team effort between international business and technology consultants, restaurant industry professionals and individuals impacted by celiac disease & food allergies. You can purchase the app at the Apple’s iTunes Apps Store.

Go GF around the world

Bob and Ruth’s Gluten-Free Getaways will offer its first GF getaway to Israel in 2010. The tour will include the historic cities of Tiberias, Nazareth, Masada and Jerusalem. An overnight in Jordan with visits to the UNESCO site at Petra, plus an overnight at a Bedouin camp (think Lawrence of Arabia) are included. The special guest speaker is the pre-eminent expert on the Dead Sea Scrolls, Professor Shalom Paul, chair of the bible department of Hebrew University in Jerusalem. Dates are March 17–27.



A European river cruise during tulip season is on the schedule for April 20–30 with visits to Amsterdam, the colorful markets at Keukenhof, the quaint villages along the Rhine including Heidelberg, and historic Strasbourg where the group will explore Petite France, medieval Auberndai and enjoy wine tasting in the Alsace

The Inside Passage will be featured on Bob & Ruth’s 6th Alaska cruise-tour onboard Holland America. Sailing from Vancouver, the cruise onboard the Volendam will feature Glacier Bay, Juneau, Sawyer Glacier and other spectacular vistas. A pre-cruise visit to Vancouver will feature the sparkling new Shangri-La Hotel. Dates are May 17–26.

bobandruths.com

new books

How to master the bread machine



Gluten-Free Baking Classics for the Bread Machine by Annalise Roberts is a follow up to *Gluten-Free Baking Classics*, her successful first cookbook (now available in a second edition). Roberts approached bread machine baking with what might be termed fear and trepidation. But she knew using a bread machine makes it easier to cope with the gluten-free diet. She was determined to master the machine as well as the recipes and this book is the result. You’ll find guidance on how to use bread machines and recipes, including a few for breads without dairy and eggs.

It’s all about almond flour

The Gluten-Free Almond Flour Cookbook by Elana Amsterdam is just that—a recipe book in which the recipes utilize almond flour. It’s gluten free and, according to the author, “as easy to use as wheat flour and much less tedious than complex gluten-free flours, which require numerous supplemental ingredients such as xanthan gum, cornstarch and potato flakes for binding purposes.”



Calling all cookie lovers



Enjoy Life’s Cookies for Everyone! by Leslie Hammond and Betsy Laakso contains 150 gluten-free treats that are safe for most anyone with food allergies, intolerances or sensitivities. Some are as easy as Rise and Shine Balls, which contain 2 cups sunflower or pumpkin butter, 3/4 cup firm honey and 2 cups rice flakes or quinoa flakes. Simply mix the butter

and honey and stir in the flakes. Roll into small balls and refrigerate before eating.

If you scream for dairy-free ice cream

The Ice Dream Cookbook by Chef Rachel Albert-Matesz features dairy-free ice cream alternatives with gluten-free cookies, compotes and sauces. This means you can indulge, even without gluten and with dairy/casein/lactose problems in mind. That’s some bonanza. The book includes a lot of guidance, lists of sources and many recipes.



All books available at amazon.com and most bookstores.